



Shift from Luxury to Necessity

This allows you to nourish and re-energize your energy and feed your soul, as you connect with your inner child with self-love and self-care.

Somewhere we came to a belief that self-love was self-ish...

This is just simply inaccurate information!

If you feel drained, burned out, overwhelmed, hopeless, and sad, like something is missing, a lack of passion or purpose, too serious or like you are in "survival mode;" then there is confusion around the things considered to be a luxury and that which is necessary for general well-being.

By allowing time each day to do the things you love will allow you to be more productive and energized for your other priorities. What fills you up inside?

*Laughing with friends *Cuddling *Spending time in nature * Hiking *Scuba Diving * Painting or being creative *Charity work *Enjoying your pet *Singing *Dancing *Listen to music *Making Love *Receiving a Massage or Energy Work *Taking classes and workshops * Planting flowers *Fishing *Meditation *Yoga *Tia Chi *Working out * Taking a bath etc.

What are you waiting for to add YOU to the priority list?

Assignment: Take a moment to schedule times in your weekly planner for inner renewal, now. This is no longer an option if you are committed to creating an environment setting you up to thrive.

Afterward, reflect on how the shift in energy.

Do you find you have more?

Do you feel replenished?

Notice much more creativity, clarity and insight you may experience by temporarily stepping away from your daily tasks.